

How Health Care Companions Support Older Adults at Appointments

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www.healthyagingpoll.org



Q1. In the past year, how many health care appointments have you had (including telehealth visits)?

1. 0
2. 1–2
3. 3–4
4. 5 or more

If Q1 = 2, 3, 4

Q2. In the past year, has someone attended any of your health care appointment(s)?

Select all that apply.

1. Yes, my in-person appointments
2. Yes, my telehealth appointments
3. No

If Q2 = 1 or 2

Q3. In the past year, who has attended your health care appointment(s)?

Select all that apply.

1. Spouse / partner
2. Adult child
3. Other relative
4. Friend
5. Someone else



If Q2 = 1 or 2

Q4. Which of the following are reasons you had someone attend your health care appointment(s)?

Select all that apply.

1. To provide emotional support
2. To help with my physical / mobility challenges
3. To keep me company
4. To help with asking / answering questions
5. To provide transportation
6. To help me understand or remember medical advice or instructions
7. Another reason

If Q2 = 1 or 2

Q5. Think about the time(s) someone attended your health care appointments in the past year. Please rate how much you agree or disagree with the following statements.

I think the presence of another person at my health care appointments...

	Strongly agree	Agree	Disagree	Strongly disagree
was helpful.				
positively impacted the quality of care I received.				
helped me to follow through on the provider's instructions.				
made me feel comfortable sharing my health information.				



If Q2 = 3

Q6. What are the reasons no one attended your health care appointments in the past year?

Select all that apply.

1. I don't need help
2. I prefer not to have someone with me
3. Too complicated to involve someone else
4. Privacy concerns
5. The person who would go with me was unable to
6. Do not have anyone who can come with me
7. Do not want to be a burden to others
8. Another reason
9. None of the above

Q7. In the past year, have you attended health care appointments for another person age 50 and older?

Select all that apply.

1. Yes, their in-person visits
2. Yes, their telehealth visits
3. No

If Q7 = 1 or 2

Q8. In the past year, whose health care appointments have you attended for another person age 50 and over?

Select all that apply.

1. Parent
2. Spouse / partner
3. Adult child
4. Other relative
5. Friend
6. Someone else

If Q7 = 1 or 2

Q9. Which of the following are reasons you attended health care appointment(s) of someone over age 50?

Select all that apply.

1. To provide emotional support
2. To help with their physical / mobility challenges
3. To keep them company
4. To help with asking / answering questions
5. To provide transportation
6. To help them understand or remember medical advice or instructions
7. Another reason

If Q7 = 1 or 2

Q10. Think about the time(s) you have attended health care appointments for another person age 50 and older in the past year. Please rate how much you agree or disagree with the following statements.

I think my presence in the health care appointments...

	Strongly agree	Agree	Disagree	Strongly disagree
was helpful to the person.				
positively impacted the quality of care the person received.				
helped the person to follow through on the provider's instructions.				

Data Source and Methods

This National Poll on Healthy Aging report presents findings from a national household survey conducted exclusively by NORC at the University of Chicago for the University of Michigan's Institute for Healthcare Policy and Innovation. This survey module was administered online and by phone from February 4th–28th, 2025, to a randomly selected, stratified group of U.S. adults age 50–97 (n=2,883), with an oversample of non-Hispanic Black, Hispanic, and Asian American and Pacific Islander populations. The survey completion rate was 32% among panel members invited to participate. The margin of error is +/- 1 to 3 percentage points for questions asked of the full sample and higher among subgroups.

The sample for the Michigan Poll on Healthy Aging included Michigan respondents ages 50–95 (n=351) from the AmeriSpeak probability-based panel, and 1,002 from non-probability panels. The survey completion rate was 34% among probability-based panel members in Michigan that were invited to participate. The margin of error is +/- 1 to 4 percentage points for questions asked of the full Michigan sample and higher among subgroups.

Read [past National Poll on Healthy Aging reports](#) and [about the poll methodology](#).

National Poll on Healthy Aging Team

Jeffrey Kullgren, MD, MS, MPH
 Director

Erica Solway, PhD, MPH, MSW
 Deputy Director

Scott Roberts, PhD
 Associate Director

Dianne Singer, MPH
 Poll Manager

Matthias Kirch, MS
 Data Lead

Nicholas Box, MPA
 Data Analyst

Sydney Strunk, MPH
 Research Specialist

Emily Smith, MA
 Multimedia Designer

The Regents of the University of Michigan

Jordan B. Acker (Huntington Woods), Michael J. Behm (Grand Blanc), Mark J. Bernstein (Ann Arbor), Paul W. Brown (Ann Arbor), Sarah Hubbard (Okemos), Denise Ilitch (Birmingham), Carl J. Meyers (Dearborn), Katherine E. White (Ann Arbor), Domenico Grasso (ex officio)

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